

G20 SUMMIT PROTESTERS CLASH WITH POLICE, P8

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CALGARY • THURSDAY, APRIL 2, 2009

metronews.com

Celebrity pg 22

Rihanna going on Oprah to reunite with Chris?



Female firefighter helps deliver baby

SunnySide

BIRTH Calgary firefighters got to help a family welcome their newborn girl into the world, as the eager babe forced a roadside delivery yesterday afternoon.

Two firefighters were immediately dispatched to 144 Avenue and Centre Street North around 1:30 p.m. after a call came in about an imminent childbirth, the fire department said.

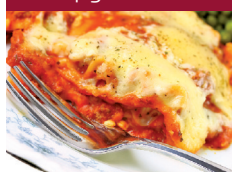
A second truck arrived and female firefighter Shalee Stair assisted medics with the delivery and clamping of the umbilical cord. Calgary fire department spokesperson Jeff Budai said it was unique to have a woman firefighter involved, as the vast majority of baby-delivery calls are attended by male firefighters.

"It definitely increases the comfort level for the mom having another female," Budai said.

The baby girl was delivered and transported to hospital with the family.

METRO CALGARY

Food pg 16



Easy, cheesy, lazy lasagna

Comment pg 10

Less money, more love?



The south building of the \$1.4-billion Bow tower was put on hold yesterday as the developer decided to exercise the clause of deferring development for up to one year after the north tower is occupied. At 58 storeys, the north tower of the Bow project will be the largest office tower in Western Canada.

South Bow no go

Developer delays construction on south block of EnCana project

SHAWN LOGAN
for Metro Calgary



The Bow facts

- At 58 storeys, or around 240 metres, the Bow will be the tallest office tower in Western Canada and the tallest outside of Toronto.
- The facility will have an estimated 158,000 square metres

of office space.

- A six-level underground parkade will provide 1,400 parking spaces.
- Full occupancy is expected by late 2011 or early 2012.

METRO CALGARY

Citing a cooling economy, the developer of EnCana's new headquarters, the Bow, will stall construction on a portion of the massive project.

While plans to build the 58-storey main tower of the Bow, which will be the largest office tower in Western Canada, are still on track, project owner H&R REIT has decided to put the south block on hold until the market rebounds.

The news came to light in an annual information form and said the satellite building, which is slated to be about eight storeys and house retail and cultural space, has been indefinitely

put on hold.

"The south block is not being capped or cancelled — H & R is deferring the south block as a result of the current economic climate," Larry Froom, the company's chief financial officer, said yesterday.

"H&R is making use of the phasing ability to focus on the north tower construction."

The ambitious mega-project, which is estimated to ring in at \$1.4 billion, was

initiated at the height of Calgary's economic boom by energy giant EnCana in hopes of putting all the company's 3,500 employees under one roof by 2011.

The developer has struggled to come up with financing due to the credit crunch before securing funding just before Christmas.

Under terms of the project's development permit, construction must begin

on the south block no more than one year after occupancy of the main tower.

EnCana spokesman Alan Boras said despite the setback, he believes the key part of the project won't be delayed and will soon become a major addition to Calgary's skyline.

"In any circumstance when you're in economic times that are changing it affects certain projects that sometimes need to be adjusted," he said.

"EnCana remains committed to seeing the Bow come to fruition."

H&R REIT will provide further details on financing for the project later this month, Froom said.

He added progress on the main tower is on schedule.

Pillow feathers will fly in face of big fines

SHAWN LOGAN
for Metro Calgary



EVENT Defying warnings of imminent fines, the organizer of an impromptu weekend pillow fight says the city won't smother the event.

More than 70 cities worldwide will be participating in International Pillow Fight Day on Saturday but Calgary organizers were told they needed to secure a permit after reading a story in Metro last week.

Pro-pillow advocate Candice Vallantin said the fact that the Aryan Guard was able to rally without a permit last month should be reason enough to let the event go ahead.

Vallantin was told her event at Tomkins Park on 17 Avenue S.W. would need \$2-million worth of insurance. "I'm just trying to do something to build the community and it was just two weeks ago there was a neo-nazi protest in the city," she said.

A Facebook group with 62 members saying they would attend was taken down yesterday but Vallantin said she's hoping people will show up with pillows at 2 p.m. to join the fun.

Silvia Hunter from the city's parks department said permits are needed for large events to make sure things don't get out of hand.

"You could end up having chaos," she said.



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Province takes over ambulances

The Alberta government officially took over ambulance services from municipalities yesterday, but said there will be no visible changes right away. Changes will be phased in over the next two years. **METRO CALGARY**

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Local



Laugh to fight blindness

The Foundation Fighting Blindness is hosting the Comic Vision on April 29 in support of much needed new eye research. Calgary mom and volunteer Norma Bastidas believes the research will benefit her 14-year-old son who is affected by blindness. Please visit ffb.ca for more information.

METRO CALGARY

in the motherhood
9 Tonight

Citytv

ROGERS

Snowmobiler hits barbed-wire fence

ACCIDENT A snowmobile mishap in the city's north-east left one man in hospital in life-threatening condition.

EMS was called to a field in the 4600 block of 84 Avenue NE after the man drove his snowmobile into a barbed-wire fence. He was rushed to hospital with life-threatening injuries and remains in hospital.

Police are investigating the incident and haven't determined yet if speed or alcohol were factors.

METRO CALGARY

Polymer provides hope

Researchers modify asphalt to fill springtime potholes

ALYSSA JULIE
for Metro Calgary

Driving in this city sometimes feels like manoeuvring through an obstacle course, suggests Calgary resident Tammy Ish.

She takes Elbow Drive to work every day and says conditions on the south-west road are getting worse. "It's gone from day to night. All of a sudden there are just potholes everywhere," she says.

Ish is one of many Calgary residents who have probably noticed a surge of potholes tearing up the city's aging streets.

But as spring approaches, this pothole problem is bound to get even worse. That's why researchers at the University of Calgary are trying to design a more durable, polymer-modified asphalt that can withstand heavy traffic and resist wa-



Dr. Ludo Zanzotto, research chair at Bituminous Materials Lab at the University of Calgary's Schulich School of Engineering shows samples of pavement that the department has been working on to reduce the number of potholes that appear each spring.

ter damage.

Water damage is a huge problem, says Lynne Cowe Falls, who is a civil engineering professor at the Schulich School of Engineering and an expert on pavement and infrastructure management.

"We're trying to make

pavement flex so it doesn't crack," says Falls. "Because once it cracks the water is going in."

The polymer-modified pavement remains stiff during warm weather, while retaining some elasticity during colder months. This flexibility helps prevent

cracks from forming, so water can't seep in. That way the asphalt remains strong and doesn't cave-in under repeated wear and tear.

Polymer-modified pavement has been tested in some parts of Calgary's downtown and on many city bridges.

Man facing animal abuse rap

CHARGES A Chestermere area man faces charges of animal abuse against two dogs after witnesses called the RCMP, authorities said yesterday.

Sgt. Patrick Webb said while they can't get into details about the incident, he says the alleged abuse involves a quad and two larger mixed-breed dogs.

"We're still talking to witnesses and we don't want them to be persuaded by what they hear ... The dogs are doing well," Webb said, adding the animals will not be returned to the owner.

Animal activist Heather Anderson said she heard few details about the case. "I'm happy someone at least took into their own hands to call the RCMP," Anderson said.

Tom Bilski, 27, is set to appear in Strathmore Provincial Court on May 5.

KRISTA SYLVESTER/
METRO CALGARY

metronews.ca

What's online today.

Blogs Quebec's language police strike the video game industry on Ahead of the Game.

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The Gallery Without Walls Contests is live

The Gallery Without Walls Contests is live and ready for viewing.

The Calgary Public Art Program contest kicked off in February and encourages citizens to become engaged in art in and around the city by viewing an image and answering five questions about it. The top prize is a \$1,500 cultural entertainment package. The contest runs until July and interested sleuths can participate at www.calgary.ca/publicart. **METRO CALGARY**

News in brief

OPENING Mount Royal College launched the Centre for Child Well-Being this week, with the official opening tomorrow, the school announced. The new centre will investigate and enhance children's well-being by enabling MRC faculty and students to work with the community. Child development expert Kyle Pruett will host an open community seminar tomorrow at noon in the Lincoln Park room on campus as part of the launch. **METRO CALGARY**

Donations for discounts

Clothier teams up with Sally Ann to help less fortunate

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Pull out the old Christmas gift ties, dress shirts and slacks because Gio's Collections for Men and the Salvation Army are in business together.

The men's clothing store at 615 8 Ave. SW and Sally Ann have teamed up for a special promotion over the next two months, store owner George Condon said.

"A lot of people asked what should they do with their old clothes, and I thought, why not give them to people who need them?" Condon said of his store's initiative.

Gio's is accepting donations of used business clothes in April and May, and the more items, the better the discount — up to 25 per cent off for five items.

"I know a lot of guys still have new shirts hanging in their closets they don't wear anymore, or clothes



George Condon of Gio's Collections for Men hopes his clientele will donate their older business attire to help those less fortunate in exchange for a discount on new purchases.

they grew out of, so it's a nice thing to do," he added.

Women can also drop off their old business attire, but the only thing Condon asks is that the clothes are somewhat

clean and in somewhat good condition.

Sigrid Mahr of the Salvation Army Centre of Hope said while many people donate winter and summer clothes, business clothes are also in de-

mand.

"The clients can wear the suits and dress clothes to interviews and it can help them attain a job and really help with their self-esteem," she said. "It's really important for them."

Man faces charges after crash

Police have laid numerous charges against a man allegedly responsible for crashing into another vehicle and injuring a woman as he fled from police.

A suspect was allegedly driving erratically along Memorial Drive near the Zoo when police gave chase Tuesday morning, but the suspect sped off. Several minutes later, the officers spotted the collision on Memorial and Deerfoot.

"The officers involved were clearly concerned for the safety of the public and the offender's actions put the public at risk," District 4 Insp. Ray Robitaille said, adding there was no pursuit of the suspect.

The 36-year-old victim is recovering from her injuries, police said.

Eric Miller, 37, faces numerous charges including resisting arrest, fleeing police causing bodily harm, impaired driving, hit and run and five counts of being unlawfully at large.

KRISTA SYLVESTER/METRO CALGARY

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The government is looking at the pension situation at Air Canada and will keep a watchful eye on the struggling airline, Transport Minister John Baird said yesterday. Baird told Parliament that pensions at Air Canada are federally regulated, and Ted Menzies, parliamentary secretary to Finance Minister Jim Flaherty, was looking at the issue. **REUTERS**

Canada



Buyout author nets huge payout

BCE Inc. paid former chief executive Michael Sabia close to \$21 million in compensation in 2008, according to a regulatory filing yesterday by Canada's biggest telecom company. Sabia, who left BCE after helping orchestrate its ultimately doomed \$34.8 billion buyout, is the new head of the powerful Caisse de depot et placement du Quebec, Canada's largest pension fund manager. **REUTERS**

News in brief

DRUGS Canadian legislation intended to send cheap medication to poor countries fighting health epidemics may take on new life thanks to a Liberal senator from Montreal. Senator Yoine Goldstein introduced a

bill on Monday to streamline the process generic drug makers undertake in order to manufacture life-saving medications from drugs under patent.

ECONOMY Canada's economic

recession could extend through the second half of this year, the Bank of Canada said yesterday.

TORTURE The Conservative government moved quickly yesterday to deny testimony by

a CSIS official who said the spy agency still uses information that may have been obtained by torture "if lives are at stake," Public Safety Minister Peter Van Loan said.

METRO NEWS SERVICES

Edmonton Crazy train



Gobana Res, left, and Rayanna Wowchuk enjoy a ride at Galaxyland yesterday during spring break in Edmonton.

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BEAUTY
at the Bay

Major bust targets gangs

1,000 cops involved in T.O. raids

At least 125 people were arrested in pre-dawn raids yesterday in what Canadian police described as the largest-ever such operation against guns and gang crime in Ontario.

More than 1,000 officers were involved in the raids in the Toronto area that "targeted a high level of organized crime," Toronto police said. They also seized more than 40 firearms, cocaine, marijuana and other drugs.

The investigation looked into violent crimes dating as far back as 2003, according to investigators, who said the charges include attempted murder, conspiracy and trafficking in weapons and drugs.

The arrests primarily targeted two gangs, the MNE and 400 Crew, who are

Violence on rise

• Canada has seen an increase in gang-related violence in Toronto and Vancouver in recent years. The federal government said in February it would toughen sentences for gang-related crimes.

based in southern and eastern Toronto, but involved crimes in several communities in the area, police said.

Forty-six of the people charged were members of the two gangs, but police said the arrests also included several people responsible for the distribution of guns and drugs to gangs throughout the Toronto area.

Police said more arrests were possible. **REUTERS**

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Pistachio recall widens

The recall of pistachios due to potential salmonella contamination widened yesterday as more retailers removed products from store shelves as a precaution. Frito-Lay recalled its bagged pistachios in Canada, where they are sold under the Munchies brand. **REUTERS**

Cheaper oil no barrier to profit: Suncor CEO

Existing oilsands operations generate double-digit returns with oil around \$50 US a barrel and costs of new projects have started to fall in the industry downturn, the chief executive of Suncor Energy Inc., Canada's No. 2 oilsands producer, said yesterday.

The economics for Suncor — which has launched an \$18.4 billion takeover of Petro-Canada — are closer to break-even with oil at \$40 a barrel, but prices may only dip that low once more this year, CEO Rick George said.

"You can make a great return, double-digit, well above our cost of capital, in the high \$40 and low \$50 range," George told an energy conference hosted by the CFA Institute.

Crude oil hit a record above \$147 last July, but with the recession the price tumbled below \$34 earlier this year, prompting companies to cancel or post-

pone more than \$110 billion worth of expansions and new projects.

U.S. benchmark crude fell \$1.27 on Wednesday to settle at \$48.39 a barrel.

Last year, at the height of the boom, George said new developments required oil prices above \$80 a barrel, as

labour shortages and inflation in materials like steel led to runaway costs in the oilsands.

But the downturn has "flushed" the industry of weaker companies and marginal projects, pushing costs down, he said.

"Through this period, the

pricing point has come back more to the industry as opposed to our suppliers and contractors," he said. "Operating costs, we should see drop by 10 to 15 per cent on a comparative basis. And we should see our capital investment costs drop in the 20 to 25 per cent range."

Last week, Suncor and Petro-Canada announced an all-share deal that would create the country's largest oil company and a dominant player in the oil sands. George said he believes the worst may be over for oil prices, with global demand still expected to in-

crease over the next decade and investment in new production capacity in slow-down mode.

"It may test \$40 one more time this year, I wouldn't be at all surprised at that, then I think you'll see a slow, steady rise," he said.

REUTERS

Bomb threat disrupts court

VANCOUVER A bomb threat was called into the Vancouver law courts yesterday, giving lawyers and judges an impromptu hour-long break.

The appeal of serial killer Robert Pickton's second-degree murder conviction was also interrupted.

Police evacuated and secured the building, sending in trained dogs to sniff out possible explosives, which were not found.

People who were inside the courts said they were told to get out of the building and go across the street immediately without being given a reason for it.

Family members of Georgina Papin, a woman murdered by Pickton, were attending his appeal when the announcement came on.

"I don't know what's happening, somebody did something, we have to stay on this side (of the street)," Cynthia Cardinal said.

After about an hour, officers cleared the area finding no traces of explosives and re-opened the courts at noon.

Vancouver police spokesperson Jana McGuinness said every bomb threat is treated seriously.

"It's a bomb call," McGuinness said. "They cleared the building and did what they do."

METRO CANADA

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World



Young vegetarians at risk

Young vegetarians consuming plenty of fruits and vegetables are eating a healthy diet but they may also have an increased risk of binge eating and other unusual behaviours, researchers said. They found that about 20 to 25 per cent of current and former vegetarians in their study displayed unhealthy weight-control behaviours such as taking diet pills, vomiting, using laxatives and diuretics and binge eating. REUTERS

Police, protesters clash in London

63 people arrested after day of anti-capitalist demonstrations against G20 summit

British police clashed with protesters outside the Bank of England in the heart of London's financial centre yesterday during a day of demonstrations against the G20 summit.

Riot police staged baton charges to try to disperse several hundred people protesting against a financial system they said had robbed the poor to benefit the rich. At one stage, about 4,000 protesters had thronged outside the cen-

Death

A man died after collapsing during the protests yesterday. A police source said it was like-

ly he died from a medical condition but that a post-mortem was needed.

tral bank.

Demonstrators attacked a nearby branch of the Royal Bank of Scotland, shattering three windows. Rescued by the government in October, RBS and former boss Fred Goodwin, who refused to give up a

pension award worth \$1 million US, became lightning rods for public anger in Britain over banker excess blamed for the crisis. The protests were timed to coincide with a G20 meeting of the world's leading economies.

Protesters hurled paint bombs and bottles, chanting: "Our streets! Our banks!"

As dusk fell, police charged against a core of anti-capitalist demonstrators to disperse them before nightfall. Bottles flew through the air towards police lines and police on horseback stood by ready to intervene.

Police said 63 protesters had been arrested by late evening. REUTERS



A demonstrator scuffles with police during protests outside the Bank of England in London yesterday. ANDREW WINNING/REUTERS

What you need to know about

intersection speed-violation enforcement

As of April 1, 2009, law enforcement agencies across Alberta may issue speed violation tickets using data from Intersection Safety Device Technology. Speeding tickets can be issued at all phases of the traffic signal. These devices will also continue to be used for red-light violations.

In 2007, 92 people were killed and 10,092 were injured in traffic collisions at intersections in Alberta. Many of these collisions involved speeding.

Intersection safety devices will be located at existing red-light camera locations. Future locations can also be established at signalized intersections that have a high number of collisions or high frequency of violations.

To learn more, visit transportation.alberta.ca or call 310-0000, then dial 780-427-8901.



World leaders pledge new rules in response to crisis

ECONOMY World leaders are set to declare an end to unfettered capitalism at a G20 summit today after France and Germany demanded they act fast on promises to prevent a repeat of the worst economic crisis since the 1930s.

A communique drafted for release at a G20 summit in London, obtained by Reuters, signalled that leaders would submit large hedge funds to supervision for the first time and enhance regulation through a new agency and a beefed-

up International Monetary Fund.

It included a pledge to deliver "the scale of sustained effort necessary to restore growth" without making any commitments beyond the trillions being spent to stabilize banks, shore up demand and limit job losses.

The communique also said tax havens would be identified and sanctions could be deployed.

"The era of banking secrecy is over," it declared. REUTERS

News in brief

INFECTION Malicious software installed on millions of computers has yet to wreak havoc on technology systems worldwide as some fear, but researchers warned that the Conficker worm could still strike in the future.

TALIBAN U.S. officials are studying whether a Pakistani Taliban leader blamed for the assassination of former prime

minister Benazir Bhutto poses a credible threat to the United States, a top U.S. military official said yesterday.

MEXICO Tourism officials concerned about possible damage to Mexico's image from reports of drug violence have launched a campaign to convince visitors it is safe, hoping to maintain growth in a vital industry. REUTERS

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Marijuana shown to reduce cancer growth

The active ingredient in marijuana appears to reduce cancer growth, according to a Spanish study published yesterday. **REUTERS**

world 9

Tough new rules for bailed-out firms

U.S. House moves to impose pay limits

The House yesterday approved legislation to curb "excessive" employee pay at financial firms that receive government bailout funds, a measure that could supplant an earlier effort to heavily tax executive bonuses.

The bill, which passed on a 247-171 vote, would give the U.S. Treasury broad powers to prohibit "unreasonable and excessive" compensation and bonuses that are not based on performance standards.

The new curbs would apply to all employees, not just executives, of firms that have received capital investments from the Treasury's \$700 billion financial rescue fund.

The standards also would cover compensation

Bonus backlash

• The bill passed yesterday and the bonus tax bill approved two weeks ago are part of a legislative backlash sparked by AIG's March 15 payment of \$165 million US in

retention bonuses to employees of its AIG Financial Products unit, which made bad bets on credit default swaps and complex mortgage-backed securities.

paid to an employee after leaving a firm or before joining it.

The "Pay for Performance Act of 2009" is among a number of efforts by Congress to claw back bonuses and curb pay in the wake of public anger over recent executive bonuses at insurer American International Group, which has received a bailout worth up to \$180 billion.

"The Pay for Perform-

ance Act is based on two simple concepts. One, no one has the right to get rich off taxpayer money, and two, no one should get rich off abject failure," said one of the bill's authors, Representative Alan Grayson, a Florida Democrat.

"We should not pay an arsonist to put out his own fire, and we should not be paying an executive to ruin his own bank."

REUTERS

Macedonia Election season



A boy dressed as Superman runs past a billboard for presidential candidate Ljubomir Frckovski from the opposition party SDSM in Skopje yesterday. Macedonians will vote in presidential and local elections on Sunday.

News in brief

AIG PROBE The chairman of a U.S. House oversight panel yesterday said he will soon call the chief executive of American International Group Inc. to testify, amid the committee's ongoing probe of the fall of the insurance giant.

RUSSIA A Russian human rights activist and prominent government critic since the communist era has been badly beaten in Moscow in an attack he says was revenge for his work. Lev Ponomarev, leader of the For Human Rights group, was attacked outside his Moscow home on Tuesday night. **REUTERS**

Israel says deal 'has no validity'

NEGOTIATIONS Israel's new foreign minister angered Palestinians and raised the prospect of tension with Washington by saying yesterday that Israel was not bound by a deal to start negotiations on establishing a Palestinian state.

On his first day at the Foreign Ministry, right-winger Avigdor Lieberman said the U.S.-sponsored Annapolis declaration of 2007 "has no validity," confirm-

ing a shift in stance toward the Palestinians under new Prime Minister Benjamin Netanyahu.

That could push negotiations on statehood deep into the future.

A spokesman for Palestinian President Mahmoud Abbas said Lieberman's comments threatened regional stability and urged the United States to come out and make its opposition clear. **REUTERS**

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Home Phone Lines: * VolP 911 has certain limitations versus traditional 911. The rates are based on a 2 year term. * The option to keep your existing phone number may not be available in all areas. Credit for monthly fee will be applied to the third month's invoice. Long Distance: Comwave guarantees to match or beat your rate today and forever. Rate Guarantee is based on competitors' lowest advertised rate or written quote for like services. Rates from Rogers based on the rates advertised on www.rogers.com March 27/2009. Rates from Bell are based on the rates advertised on www.bell.ca March 27/2009. Rates from Yak are based on the rates advertised on www.yak.ca, March 27/2009.

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Comment & Views

Comment

Less money, more love?

Relating

Steve Collins

metronews.ca/collins

Some media reports suggest rotten economic conditions are creating a bull market for romance.

The claims are reminiscent of those dubious old theories of hemlines rising and falling with the economy, plus a little pop psychology about looking for security in insecure times and how a slowdown inspires consideration of things more important than money.

It sounds plausible enough. When one has been laid off, perhaps there is a little more time to devote to getting laid. And well might one, in uncer-

tain times, grow more susceptible to the charms of someone to share one's life — and split the rent.

The evidence cited, though, is a little less than convincing.

Exhibit A: Since the economy began to tank, online dating sites have reported a spike in business. These, of course, are merely people who are looking for someone else, not necessarily finding them.

It could be equally true that the stampede of new singles on the market is a sign of a whole lot of dumping going on. The unemployed may have all sorts of time to update their Lavalife profile, but they are seldom at their most confident and attractive. (I write from couch-bound, self-

On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

pitying experience.)

Exhibit B: Adult toy shops are also touting a surge in business, the implication being that couples are cutting their entertainment expenses and staying in for cheap thrills. But a hefty proportion of their wares, it must be noted, are perfectly serviceable in a do-it-yourself context. No compelling indication of a recession-driven stampede of romantic mergers here, either.

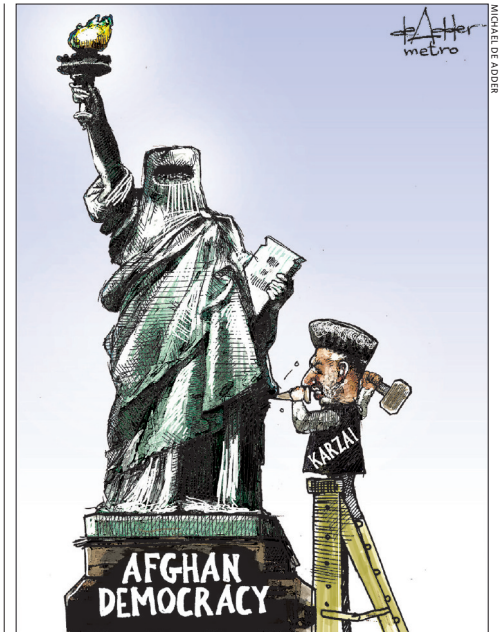
Money is often cited as one of the worst sources of tension in a relationship, and it goes all the way to the

top. Federal Finance Minister Jim Flaherty and his wife, Ontario MPP Christine Elliott, last week found themselves on opposite sides of the harmonized sales tax debate in Ontario. Ms. Elliott stated that despite the disagreement, they would remain married. The Minister has expressed relief.

But if money is the root of your relationship-rocking squabbles, less money is hardly a solution. Ironically, though, there are some signs that divorces are down, as couples who might otherwise bail eye the potential legal bills and decide to hang in for now.

So are we getting more with less? The signs are inconclusive, and economists do a bad enough job of predicting our behaviour with money, let alone love and money. Do you feel lucky?

Steve Collins offers his best guesses on relationships for Metro every two weeks.



MICHAEL DI ADAIR

Views

Afghan law about power, not culture



Mona Eltahawy

Global View

I thought I was used to seeing politicians bargain with each other. A few concessions here and there to influential voting blocs are part of the elections game.

But Afghan President Hamid Karzai — the “liberal” darling of the international community — surely wins that game by throwing women's rights like bargaining chips at the feet of religious conservatives he's courting for Afghanistan's August presidential election.

In February, he signed a new law that, according to United Nations organizations, legalizes rape within marriage and bars women from leaving their homes without permission from

their husbands.

Déjà vu, anyone? Senator Humaira Namati, a member of the Afghan parliament, told a British paper the law was “worse than during the Taliban,” which denied women basic rights such as education when it ruled Afghanistan from 1996 to 2001.

News of the new law broke at an international conference for Afghanistan being held at The Hague. The reports offer both a fortuitous chance to embarrass Karzai for so cheaply selling out women, and a test for the 72 countries and organizations gathered at The Hague on how willing they are to defend Afghan women.

Since the Taliban's ouster, much has improved for Afghan women. Millions of girls now attend school and women have a 25 per cent quota in parliament. In

March, a female lawmaker, Shalah Attah, said she would run for president in August polls.

So what was Karzai thinking?

Despite the re-emergence of the Taliban, the law has less to do with its misogyny and more with Karzai's election manoeuvring.

If it wasn't enough that millions of Afghan women still face violence at the hands of the Taliban, they now have to watch a president who claimed to be an ally bargain away their rights.

The law covers members of Afghanistan's Shia minority, who account for about 10 per cent of the population, and was backed by the influential Shia clerics and parties who are objects of the increasingly unpopular Karzai's affection.

Although the Afghan constitution allows Shia to have

a separate family law, that same constitution and international treaties signed by Afghanistan promise women equal rights.

Afghan women parliamentarians and activists have condemned the law and said they're worried another law being drafted for the country's majority Sunni women will be equally harsh.

The international community has a perfect opportunity to corner Karzai at The Hague, but it must remain silent out of misguided cultural relativism that shortchanges women.

Afghanistan's new law has nothing to do with culture or religion and everything to do with power and politics.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

Worth mentioning

Stem cells may offer deafness cure

HEALTH Stem cells may help deaf people hear again, according to early stage research by British scientists.

A team at the University of Sheffield said they had discovered how to turn stem cells into ones that behave like sensory hair cells or auditory neurons, which could then be surgically inserted into the ear to restore lost hearing.

Lead researcher Marcelo Rivolta said the approach, which is being tested on animals, holds significant potential, but is a long way from being offered to patients.

“It will take several years before we are in a position to start doing human trials,” he said in a

telephone interview.

The cells in the ear that detect sound are created only in the womb, which means there is no way to repair them once they have been damaged, resulting in permanent hearing loss.

Using stem cells — master cells that produce all the body's tissues and organs — to generate these cell types in the laboratory could change that dramatically.

Rivolta's research parallels more advanced work on the eye by another group of British-based scientists, who plan to use stem cells to treat age-related macular degeneration, a common cause of blindness, in clinical tests starting in 2010 or 2011.

REUTERS



Metro Online Poll Results

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.


Audit questions safety of airport water

Travellers can't be certain that water on aircraft and at Canadian airports, seaports and railway stations is safe to drink, environment commissioner Scott Vaughan said in a report Tuesday to Parliament. **METRO NEWS SERVICES**

11

Business

OIL

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

China Alert to growth needs

A worker naps yesterday at the construction site of Wuhan North Railway Marshalling Station in China's Hubei province. Calling confidence "more important than gold or money," Premier Wen Jiabao effectively guaranteed that Beijing will do whatever it takes to maintain growth at an acceptable pace.

In brief

LUMBER Canada will pay the United States nearly \$50 million for breaching a trade agreement covering softwood lumber exports, rather than impose a surcharge, Trade Minister Stockwell Day said.

TUNNEL Canadian Pacific Railway is selling 67 per cent of its stake in the Detroit-Windsor Tunnel crossing to Borealis Infrastructure Management for \$132 million, the railway said.

METRO NEWS SERVICES

BlackBerry gets an online store

Research In Motion has launched an online store selling entertainment, games, news, and travel applications to its BlackBerry users.

RIM said yesterday its online store was immediately available to BlackBerry owners in Britain, Canada, and the United States.

Unlike the iPhone application store of rival Apple Inc., which offers 70 per cent of revenue from each piece of software to the developer, RIM plans to offer 80 per cent. The rest of the revenue will be shared between RIM and wireless carriers, co-chief executive Jim Balsillie said.

Ontario-based RIM has pushed aggressively to diversify its user base beyond

Microsoft, too

Microsoft Corp. is also working on a mobile phone software marketplace and has signed up partners such as web music service Pandora, game publisher Electronic Arts, and social networking site Facebook.

executives, lawyers, politicians and other professionals who use BlackBerrys to send wireless e-mail.

Offering interesting and diverse smartphone software can sometimes mean the difference between keeping and losing a user who may be reluctant to switch to a different device and have to pay for new software.

REUTERS

KPMG facing billion-dollar lawsuit

CLAIMS Accounting giant KPMG was hit with a billion-dollar lawsuit yesterday over claims its "grossly negligent audits" helped trigger the collapse of a top subprime mortgage lender. New Century Financial Corp., the largest independent provider of home loans to people with poor credit, filed for bankruptcy two years ago amid mounting customer defaults.

The lawsuit, on behalf of a liquidating trust formed by New Century debtors, was filed against both KPMG International and its U.S. arm, KPMG LLP.

REUTERS

Total sells stake in oilsands project

PARTNERS French oil major Total SA said it sold a 10 per cent stake in a proposed Canadian oilsands project to China's Sinopec, making both firms equal partners in the multibillion-dollar venture.

Total bought into the Northern Lights project last year when it acquired Synenco Energy, and Sinopec has been involved since 2005. Construction of Northern Lights had been expected to cost \$10.7 billion.

REUTERS

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Officer resigns

The Dallas police officer who pulled out his gun and threatened NFL player Ryan Moats with jail instead of allowing him inside a hospital where his mother-in-law was dying resigned yesterday. Officer Robert Powell had been placed on paid leave pending an investigation of the March 18 incident. **METRO NEWS SERVICES**

sports 13

Rx for what ails the Flames

Are the Flames playing possum this past month or are they really this bad?

Eight losses in 12 games isn't going to cut it if the team intends on playing hockey in May for the first time since 2004.

It shouldn't matter if a good chunk of Calgary's games during this setback were on the road. There's a good chance now the Flames will open the play-offs on the road, likely in Chicago, so get used to it.

I personally don't buy into the sky-is-falling theory. I think the Flames are a better team than the Blackhawks and any of the six-through-eight conference qualifiers. And I firmly believe Calgary can give both San Jose and Detroit a run for their money.

It's just a matter of getting back on the rail again.

My biggest concern with the Flames is the burden placed on weary **Miikka Kiprusoff**. Sure he's leading the league in wins, but he's also leading the league in giving up the first goal. I marvel at his acrobatic saves, yet am also keenly aware that in six of Calgary's past seven losses, the Flames have outshot their opponents.

I blame coach **Mike Keenan** for mishandling Kiprusoff's workload.

At the same time, I applaud Keenan and GM **Darryl Sutter** for the success of

TheHockeyNews

Brian Costello

thehockeynews.com

working in the extra bodies and establishing vital roles for the depth players. I like the idea of rewarding grinders **Curtis Glencross** and **Eric Nystrom** with play-time on the top line.

But I also think it's time beef up the talent on the top two lines again.

Mike Cammalleri has two goals in 12 games, **Jarome Iginla** two in 10 and **Olli Jokinen** none in seven. Put them back together and eventually the slumps will be busted.

Stack the second line with the next-best producers — **Daymond Langkow**, **Todd Bertuzzi** and a soon-to-return **Rene Bourque**. Even a third line with a resurgent **Jamie Lundmark** centering Glencross and **David Moss** will contribute more than any other third line in the league.

And with the energetic likes of **Craig Conroy**, **Dustin Boyd** and **Nystrom** on the fourth line, the Flames have the depth and balance to stay strong well into June.

The Hockey News
@thn.com

NBA Raptors snap Magic's six-game win streak



Toronto's Jose Calderon is caught between Orlando Magic forward Hedo Turkoglu and guard Rafer Alston in Orlando last night. The Raptors won their fifth straight, 99-95.

Danton months from parole

NHL Former NHL forward Mike Danton will likely spend several months in custody in Ontario even though his time in an American prison for a failed murder-for-hire plot has made him eligible for parole, correctional officials said yesterday.

Danton pleaded guilty in 2004 in a plot that had targeted his former agent, David Frost, and was sentenced to serve 7 1/2 years in prison.

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Metro Homes

The perfect mix

Often you can combine or mix items quite successfully, some of her favourites and some of his. Just make sure the colour scheme ties all the furniture and decor items together.

Combining his and her decor

Remember that old saying that opposites attract? Well, if you and your spouse are arguing about decor, keep in mind that those differences initially drew the two of you lovebirds together.

And it can again. It is true that the honeymoon does eventually end, but when it comes to decor, the golden rule is compromise and finding

common ground. Just think, the two of you are such interesting people, and your combined tastes could make for an eclectic and absolutely fascinating decor that reflects the both of you, and your time together.

Of course, I have friends who tell me their husbands don't care about decor so they decorate as they wish (within certain financial pa-

HomeScape

Sylvia Putz

metronews.ca/homescape

rameters, of course). And I recently met a woman who tells me that she is perfectly content to let her husband make the design decisions because he enjoys it, and anyway, she likes his taste in design. That certainly makes the decisions easy and minimizes the potential for conflict.

But my feeling is, why lose out on the opportunity to decorate in a way that satisfies both partners, that shows them off as unique and special individuals who have come together as a couple? There's just so much potential there, even if the process is sometimes difficult.

Here are some ideas to help mix his and her styles without undue stress for those of us who sometimes do have differences in style preferences.

First of all, be patient.

Rome was not built in a day and neither is your decor a thing that springs up overnight, especially when it comes to knitting together the style of two people who are not similar in many ways. The process will involve taking the time together to think, research and narrow down choices.

If you're doing renovations or rebuilding, think about and write down everything each of you



If you and your spouse are arguing about decor, keep in mind that those differences initially drew you two together. Use the opportunity to reflect both your personalities in the decor.

might want in an ideal world. This is a great place to start; from here you can narrow down your ideas, keeping equality firmly in mind so both partners get an equal opportunity to choose. This could relate to a room or the whole house, whether it be a spa in the bathroom, or a den or "rec" room with a huge television screen.

"First of all, be patient. Rome was not built in a day and neither is your decor a thing that springs up overnight."

As for colours and finishes and accessories, go through a stack of decor magazines together. You will find decor ideas, as well as products that you might not have been aware of. You may even find a picture that shows you a room that you both love, one that you might even want to reproduce entirely or partially.

Compare the things that you like, and you will notice

differences but also similarities. The similarities are gold, for now you know you can safely go further with these trends or choices that you have in common. But discuss differences with your mind open to compromise. There may be things you can't stand, and your spouse will likely have some of the same issues. Try bargaining. For example, you can offer to stay away from a particular design trend that he hates if he stays away from a look that you abhor. Or you might discuss colour choices or functional alternatives that both parties find acceptable.

For example, she may love her traditional white or floral upholstered chair, and he loves his dark modern living room cabinetry. Both can coexist very prettily beside each other, as long as the walls and colour scheme ties the two together.

Balance is also important. If the room seems too femi-

nine with light colours, delicate furniture, and flowery fabrics, for example, introduce some more masculine elements such as dark colours and simple, streamlined shapes. Or just keep the decor more general, and stay away from items that look too gender-specific.

If upholstered pieces just do not work together, consider slip covers or new upholstery to create that sense of unity. Also do not be afraid to paint different types of chairs and cabinetry in the same or similar colours. This will also bring about of sense of unity if the pieces seem too dissimilar to you.

Finally, if you still have trouble reaching a middle ground, consider hiring a professional designer or decorator. And, don't forget, always keep your receipts.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show *Arresting Design*; sputz@arrestingdesign.com.

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Decor

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Burnin' up

Stovetop style

COOKING The radiant red shell — one of 24 colour options — isn't this piece of kitchen candy's only sweet surprise. Viking's new custom range boasts the largest oven cavity in the industry and is bursting with commercial-grade goodness, including a concealed bake element for easy oven cleanup and a two-speed convection system. Custom series 30"-wide dual-fuel range in racing red from \$5,500 US: Vikingrange.com.

—BRETT WALTHER

Design

Blue and white

COLOURS Heralded as a decorator classic, blue and white is back in vogue and has never been hotter. Seen here is an urn with Asian motifs on blue-and-white porcelain for an exotic flair to a traditional look. From Angus & Company, Toronto: angusandcompany.com.

—CHRISTINE HANLON



Urban inspired

Urban Loft, Cobourg, Ont., urbanloft.ca

Cobourg is the place to be this spring and summer. Beach? Check. Scenic marina? Check. Vibrant weekend scene? Another check.

"King Street is full of small boutiques, children's stores, cafés, art galleries, clothing shops and more," says Urban Loft owner Laverne Baker. Her chic'n'cheerful decor shop has become one of the high points on the strip, thanks to its dynamic mix of contemporary furniture and delightful eye candy.

Condo living

Cobourg's condo boom has inspired many of the items on offer at the 2,500 sq. ft. shop. One bestseller is a locally made Murphy bed, in twin to queen sizes and starting from \$1,995 each.

The cabinet housing the bed is just the right height to mount a flat-screen TV or piece of art on the wall above. Much of the shop's

furniture is Canadian made and available in hundreds of fabric and leather choices to suit your fancy.

Going green

Green is gold at Urban Loft, where you can find bamboo towels and bedding from \$10 each, as well as eco-friendly upholstery fabrics. Be sure to check out the display of ELT Living Walls, from \$200 per kit, which convert vertical wall space into air-purifying indoor herb gardens or tropical rain forests.

Looking to add a splash of colour to your home? Reach for no-VOC powdered milk paint from Homestead House Paint Company, \$18 per bag.

Clique Interiors Grande Prairie, Alta., cliqueinteriors.com

terior decorator Jody Reynolds opened a home accessories shop in the small but busy town of Grande Prairie, she had no way of knowing if it would take off.

Could the population of 50,000 sustain a trend-driven decor boutique? Happily, yes. The store services not only Grande Prairie, but other areas of Alberta and parts of B.C., too.

"It was a case of 'If you build it, they will come,'" says Jody, who also does design-consult house calls.

—YUKI HAYASHI



Left: A shot of the Grande Prairie's Clique Interiors store. Right: From Cobourg, Ont.'s Urban Loft, a triptych acrylic in-painting by Fiona Brown, \$375 for the set; Kinetic Santa Catarina chairs, \$225 each.

Window shopping Get Cracking with these stylish egg holders

Cute and quirky egg cups make boring breakfasts a thing of the past.

—LAUREN FLANAGAN



Above: Toast and Marmalade; \$23 at Homefront.



Below: Blomus; \$28, at Bergo Designs.



Above: Zak Designs; \$13 for a set of four from William Ashley.



Below: Egg Pants; \$20 US for a set of two at MoMA Design Store.



Above: Chicken; \$2 from Abbott.



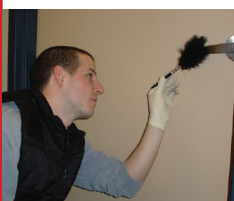
Below: Iittala Origo; \$15 at The Finnish Place.



Above: Zak Designs Egg Chair; \$15 for a set of four at William Ashley.

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With warm weather creeping closer and closer, our idle thoughts turn to patios and sizzling, barbecue-grilled meals. To get your appetite and imagination going, visit napoleongrills.com for some grilling recipes — everything from Orange Ginger Pork to Double Chocolate S'mores. **METRO NEWS SERVICES**

Food

Spring (BBQ) cleaning: A leak test should be performed any time your barbecue has been in storage for a prolonged length of time.

METRO NEWS SERVICES

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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Easy, cheesy and lazy lasagna

À la carte

Barb Holland

metronews.ca/alacarte



Statistics tell us that when it comes to what's really cooking in the kitchen, most of us have 10 to 15 recipes in our repertoire and rotate them ad nauseum. While this research may infer there is boredom in the kitchen, there's more to it than meets the frypan.

For one, this stat is "seasonally adjusted"; we serve up warm comfort food in winter, and prefer lighter fare, often grilling recipes

in warm weather.

Finding recipes all the family will enjoy is one challenge, what with individual preferences, downright fussy eaters, vegetarian teens, and yes, let's not forget healthy and tasty. Then there is the issue of time — or rather the lack of it.

According to those same statisticians, the average time spent preparing and cooking dinner is 30 minutes or less.

Organizational specialists suggest stocking the pantry and the freezer with a hoarding mentality. The reality is, you'll likely end up staring at shelves bulging with packages of rice, pasta and beans, or frozen hunks of meat, often in a Zen-like trance af-

ter a wild day at the office. While you may wish you had Captain Picard and his replicator to "make it so," what's needed are some short-order supper survival recipes with few ingredients and minimal time and effort.

Here's one of my supper survival recipes.

Ever So Easy Lasagna

No need to cook the noodles. If you keep jars of pesto, sauce, tomatoes and noodles in the pantry and grated cheese in the freezer, the only thing to pick up is ricotta cheese. Serve with a vegetable sidedish or salad and crusty bread. Makes 4 to 6 servings.

INGREDIENTS:

- 1 - 19 oz (540 mL) can



There's no need to pre-cook the noodles in this recipe.

- stewed or pasta tomatoes
- 1 cup (250 mL) pasta or spaghetti sauce
- 6 uncooked lasagna noodles
- 1 - 500 g container ricotta cheese
- 2 tbsp (30 mL) pesto
- 1 cup (250 mL) shredded mozzarella cheese
- 1/4 cup (60 mL) freshly

grated Parmesan cheese

METHOD:

Combine tomatoes and sauce; spread one-third of mixture in 11 x 7 x 2 inch (2 L) glass microwavable dish. Arrange three noodles over the sauce. Combine ricotta cheese and pesto; spread noodles with

half the ricotta mixture. Top with another third of sauce.

Repeat with remaining three noodles, remaining ricotta mixture and sauce.

Cover with microwave plastic wrap, turning back one edge to vent. Microwave at High 10 minutes, rotate dish, and reduce to Medium (50 per cent) and cook for 10 minutes or until noodles are tender when pierced with a knife.

Sprinkle with cheeses, recover and let stand 10 minutes (this helps the noodles absorb liquid and the cheese melt).

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

double dinner deal

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East meets West in Everyday Indian

In her new book, **Everyday Indian: 100 Fast, Fresh, and Healthy Recipes**, Bal Arneson introduces healthy, easy and delicious recipes that showcase the mouth-watering flavours of India.

Her cooking style is rooted in a small village in Punjab, Northern India, where she was raised. Equipped with the knowledge imparted to her by her mother and elders, Bal has created contemporary Indian recipes that use easily accessible ingredients, and can be prepared by any home cook. Metro got a hold of this recipe from the book:

Tandoori Quesadillas

Every time I ate a Mexican enchilada I always wondered how it would taste if I filled it with tandoori chicken. So I went to the ethnic aisle of a local grocery store and bought myself a nice jar of tandoori paste, came home, tried this recipe, and loved it. So far, anyone who has tried these has absolutely loved them. Brad keeps hinting that he'll make this finger food himself and serve it with cold beer. I am still waiting for that day. Makes 18 pieces.

INGREDIENTS:

- 2 tbsp (30 mL) grapeseed oil



Tandoori Quesadillas from the book **Everyday Indian** by Bal Arneson.

- 1 red onion, finely chopped
- 1 tbsp (15 mL) grated garlic
- 1 tbsp (15 mL) grated ginger
- 1/4 cup (60 mL) tandoori paste
- 1 lb (450 g) boneless, skinless chicken breast cut into small bite-sized pieces
- 1/2 cup (120 mL) low-fat plain yogurt
- 6 large whole wheat tortillas
- 3/4 cup (180 mL) grated mozzarella cheese

METHOD:

Place the oil in a non-stick skillet over medium heat and sauté the onion, garlic, and ginger for 3 minutes. Add the tandoori paste and cook for 1 minute. Add the chicken

and cook until it's almost cooked through, about 8 minutes. Add the yogurt and cook until the chicken is completely cooked through, another 2 minutes.

Preheat the oven to 400°F. Place one tortilla on a baking sheet and spread one-third of the chicken mixture on it, spreading it evenly over the entire tortilla. Sprinkle 1/4 cup of the mozzarella cheese overtop and cover with another tortilla. Repeat with the remaining ingredients. Bake until the cheese is melted, about 3 to 5 minutes. Cut into 6 wedges with a pizza cutter and serve with any of my chutneys (recipes available in the book, pages 28 to 35).



Beer-lovers take note

Brewmasters Table by Garrett Oliver, a book that aims to reveal why traditional beer is the new star with today's cuisine and how to make the perfect match, topped Amazon.ca's best-selling cookbooks by the end of last week. **METRO NEWS SERVICES**

Green eating at The Coup

LunchRush

Carla Ciccone

metronews.ca/lunchrush

The Coup
38924 17th Avenue SW
403-541-1041

Hours of operation: Tues - Thurs 11:30 a.m. - 3 p.m., 5 p.m. - 10:00 p.m., Fri 11:30 a.m. - 3 p.m., 5 p.m. - 11 p.m., Sat 9 a.m. - 3 p.m., 5 p.m. - 11 p.m., Sun 9 a.m. - 3 p.m., 5 p.m. - 9 p.m.

Rating: ⚬⚬⚬⚬

Price range: \$\$

Reservations: No

Client negotiations: Yes

Lunch w/co-workers: Yes

Social Lunch: Yes

Quick solo lunch: Yes

Time in: 11:30 a.m.

Ordered: 11:45 a.m.

Food arrived: 12:05 p.m.

Time out: 12:25 p.m.

Total time: 55 minutes

Low \$: Half soup with focaccia, \$5.50

High \$: Kinoko Hot Pot, \$12

Lunch menu: : Same

menu daily, weekend menu

Licensed: Yes

As we walk into unassuming 17th Ave restaurant The Coup, my old friend, talented Calgary-based musician Lynn Olagundoye asks me: "What kind of food do they serve here?" "Vegetarian," I say sheepishly. "But apparently it's really good!" Lynn lifts an eyebrow at me, giving me an unsure look, and I begin to get nervous about my lunch pick.

However, my worries are quelled as we sit down at our table and look over the menu, which is interesting, simple and healthy — a far cry from the "scary" vegetarian fare we feared.

The Coup is earthy and fresh looking, with welcoming waiters, a laid back vibe and free filtered water that comes in recycled glass bottles. For lunch, I went with the Falafel Quesadillas (\$11.50), which contain falafel, hummus, sheep feta, carrots, pickles, olives and banana peppers, all grilled in a tortilla and served with tzatziki sauce



For lunch, I went with the Falafel Quesadillas (\$11.50).

and a fresh salad. The flavours were abundant and complimentary and the dish was satisfying, yet not too heavy.

Lynn went with the Mediterranean Scramble, a tasty egg scrambled with lots of healthy ingredients and multi grain bread. Lynn and I were both blown away by the freshness, presentation and quality of the food. The restaurant is not only great with the grub, but they're also environmentally con-

scious. They recycle everything they can, compost all raw materials, and even plant 36 trees every month to offset the pollution they do generate.

Also a big bonus was their Oso Negro fair trade, organic coffee. It has to be some of the most delicious and balanced coffee we have ever tasted — so much so that we couldn't refuse the four refills, and thus ended up flying The Coup with quite the coffee buzz.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Kiwi quaff

For me, the most pleasant surprise of the last few years has been the rise of New Zealand as an internationally respected producer of quality wines.

Maybe it's my affinity for the underdog or possibly the hope that if the Kiwis can steal the spotlight then someday so can we Canucks.

Better known as the backdrop for the Lord Of The Rings flicks, New Zealand would seem the least likely country to spin the wine world right round. Stranger still is that in a red wine market they were able to do it with premium-priced whites made with the Sauvignon Blanc grape.

It all comes back to the aforementioned quality and personalities like **Kim Craw-**

ford whose 2007 Sauvignon Blanc (\$19.95 - \$21.99) is a crazy good crowd pleaser with zesty lemon/lime flavours and a refreshingly tropical finish.

The gang at Coopers Creek inject a bit of humour into their 2007 Cat's Pee on a Gooseberry Bush Sauvignon Blanc (\$13.55 - \$17.83) to balance out its namesake aromas (gooseberries often smell like kitty you-know-what) and soft, citrusy personality.

Both have great dining room versatility: Try with a big plate of oysters, any white meat, creamy pasta sauces or simply all by their lonesome.

Prices reflect the range across the country.

Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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A not-so-new fashion trend is sweeping many parts of Australia, where thousands of people are flocking to vintage fairs to pick up unique, and inexpensive, apparel during the economic slowdown. REUTERS

Style



Yoga-inspired jewelry

Looking for a way to combine your love of yoga and fashionable jewelry? Try the Om Jewels line created by certified yoga instructor Dina Vieira. It features pendants in silver, gold and birthstone collections, all including the two powerful symbols of om and lotus. A best seller is the silver lotus pendant, left, \$110. Om Jewels are available across Canada, and can be purchased online at omjewels.com.

METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Get your yellow on

Celebrate this season's colour with sunny accessories

SunnySide

Here comes the sun. Little darlin' — it's been a long, cold, lonely winter.

And while the weather forecaster can't predict what the next few weeks will bring, colour forecasters are declaring there will be bright skies and warm afternoons.

Mimosa — think Provence as painted by Van Gogh — is the hottest colour for spring, say the execs at the Pantone Color Institute.

Bright sunny yellow clothing, accessories, home décor and even bath products are lighting up shelves

Beaded necklace, Reitmans, \$18



Linen tunic, Talbots, \$98



Python print patent belt, Winners, \$24.99

Floral yellow scarf, Gap, \$29.50

and racks right now.

"From a retailing standpoint, it has the highest visibility and in a sluggish economy that is a good

thing. It means sunlight and good cheers, that's what we are drawn

to," says Leatrice Eiseman, executive director of the Institute.

The popularity of yellow is no accident.

Pantone, the company that considers itself a global authority on colour, announced late last year that they selected Mimosa, the sunny colour of that champagne and orange juice cocktail, or to be exact, Pantone 14-0848, as the colour of 2009. They declared, "That in a time of economic uncertainty and political change, optimism is paramount and no other colour expresses hope and reassurance more than yellow."

And U.S. First Lady Michelle Obama, now considered a fashion icon, was on trend when she radiated a warm and fuzzy glow on inauguration day by wearing a sunny Isabel Toledo-designed Swiss wool lace ensemble.

As the designer told the New York Times, "I wanted to pick a very optimistic colour that had sunshine. I wanted her to feel charmed, and in that way would charm everybody else."

Despite the yellow fever, some will not warm to the colour.

"A lot of women shy away from it — it's a difficult colour to wear so it's



LEFT: Liz Claiborne yellow leather Olivia flats, \$99, The Bay

crucial to find the right shade,"

says Robin Keeler, fashion director at Yorkdale Mall in Toronto, Ont. "I always say, there is good reason why yellow is used in caution and warning signs!"

There are simple rules, says Keeler. One of the general rules is to go by hair colour. Dark-haired women look best in the yellow hues that are vivid. Blondes and light browns suit the softer, more muted shades and redheads should opt for gold or honey hues.

Keeler does note, however, that almost anyone can wear a single accessory, like a bag, shoe or bracelet. "It's like a jolt — it brings newness and freshness to a look." TORSTAR NEWS SERVICE



RIGHT: Patent leather slingback, Geox, \$150, visit geox.com.



Cheri Milaney design.

Canada caters to curves

In Cheri Milaney's list of 10 fashion commandments, Love Thy Muffintop ranks right up there.

The Vancouver fashion designer, who caters to curves, is on a mission to help women celebrate their bodies, bulging midriff and all.

At Toronto Fashion Week last month, she was the only designer to show samples in size 14, which is actually the average fit for Canadian women.

"I'm hoping we're going to change people's perceptions," Milaney says. "I'm hoping the industry will start taking notice and have some realistic expectations of what beauty should be."

TORSTAR NEWS SERVICE

In brief

NEW COLLECTION British designer Matthew Williamson brings his trademark bohemian prints to H&M stores worldwide on April 23 when his capsule collection for the brand hits 200 stores. We're predicting this maxi dress, which will look good on pretty much anyone, will be the first to sell out.

METRO WORLD NEWS



FlareFashion

Lisa Tant

Read the blog at metronews.ca/flarefashion

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style **19**

Designer threads for the masses

Sung partners with Zellers for spring collection

PATRICIA D'CUNHA
for Metro Canada

For women, it can sometimes be difficult to find sensibly-priced fashion that's timeless, feminine and versatile.

And while designer labels can offer impeccable style, the steep prices are out-of-reach for the average consumer — that is, until now.

Following on the heels of other high-end designers-gone-accessible — think Christian Siriano and Patricia Fields for Payless Shoe Source — Canadian fashion icon Alfred Sung has partnered with Zellers to make his styles more available to the masses.

The Alfred Sung Pure clothing line will debut Friday (in about 300 Zellers stores) with the spring/summer collection and more pieces introduced each season.

Tamara Mimran, business development manager at Alfred Sung, says it's a "lifestyle collection," in that it's for the everyday woman whose day doesn't end at 5 p.m. "It's really (for) all the areas of her life," adds Mimran. The collection is also accessible to women of all body shapes. The pants and skirts are available in sizes two to 16, with tops, jackets and dresses offered in extra-small to extra-large.

"Pure is all about great design at accessible price points," explains Carrie Kirkman, manager of women's wear at Zellers, adding that it offers stylish essentials that are great for the season. And, with prices ranging from just \$12.97 to \$39.97, building a new wardrobe is affordable.

The collection has different blouse types, pleated, flowy and pencil skirts, sleek straight-leg pants, three-quarter-length cardigans and tailored dresses, and it draws on the colours and fabrics of the season.

"(Sung) based his colour palate on something that's fresh and optimistic," says Mimran. The colour palate has the classic black and white, but also adds in bold colours of orange, fuchsia and citrus-green.

Sung uses cotton blends, such as cotton-voile and cotton-poplin, in particular, for the dresses, skirts



The new Alfred Sung Pure clothing line hits Zellers stores tomorrow. The collection includes cotton solid Bermuda shorts (above) in multi-plaid, black, white, green, orange and pink at \$22.97 each.

"(Sung) based his colour palate on something that's fresh and optimistic."

Tamara Mimran,
Alfred Sung

and blouses. "A lot of the fabrications are natural, and they're nice and airy for the summer," says Mimran. Another material used in the collection is bamboo, which she says was chosen because it makes clothing feel softer. The cotton-bamboo-spandex blend is offered in a three-quarter-length sleeve knit top and a tank top, both with a scoop neck.

Some of the punchy pieces in the collection include the ginkgo black and white skirt, the bow blouse with the poppy print and the orange-fuchsia "Soho" rose-print dress. "(Sung) loved the combination this season for the fuchsia and orange together," says Mimran.

The line also has the "perfect shirt," a cotton-poplin stretch that comes in five different colourways of candy-stripes, as well as black and white. Priced at \$22.97, Kirkman says it is a "crisp, tailored shirt (that) works for the office or the weekend."

Kirkman says the collec-



Alfred Sung cotton rose-print "Soho" dress, available at Zellers for \$34.97.

tion has "simple, easy to pull together looks." One of her favourite items includes the black "key-hole" dress, priced at \$34.97. "It's modern and so versatile, the perfect little black dress that's always a chic staple in any woman's wardrobe," she explains.

The spring/summer collection also has accessories, such as bags and sterling-silver jewellery, available at select stores, but Mimran says they are looking to make a larger impact with those items in the fall.

FlareFashion

Lisa
Tant

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Bart Simpson and the rest of his fun and dysfunctional family will be paid tribute by the U.S. Postal Service, which is rolling out five 44-cent stamps in honour of primetime's longest-running comedy's 2009 20th anniversary. **PEOPLE.COM**

Simpsons go postal

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

★★★★ A CLASSIC; ★★★★★ EXCELLENT; ★★★ GOOD; ★★ FAIR; ★ POOR

Quiet Nights with Diana Krall

Diana Krall

Album: Quiet Nights

Label: Verve/Universal

Rating: ★★★★★

DIANA KRALL'S NO-BLE attempt to test the waters as a songwriter (with the help of hubby Elvis Costello) was welcomed by her fans with all the warmth of broken wind on a long-haul elevator ride. It seems the fans would rather have her seductively request a peeled grape than explore the outer edges of her art. So here we have it, more gentle bossanovas and peeled grapes. And why not? It's impossible to get enough of the way Krall and her band play these

lovely gems from the '50s and '60s. Only the best known writers are represented — Rogers and Hart (Where Or When), Mercer and Whiting (Too Marvelous For Words); Hal David and Burt Bacharach (Walk On By) and of course, Antonio Carlos Jobim (The Boy From Impanema).

Graham Rockingham/for Metro Canada

Peter Doherty

Album: Grace/Wasteland

Label: EMI

Rating: ★★★★★

IT'S AMAZING Doherty can pick up a guitar considering how drugged he always seems to be, but when he does he



Diana Krall is at her seductive best playing gems from the '50s and '60s on latest album Quiet Nights.

makes great music. His debut solo album is easily the troubled artist's best work. Gone are the middling Clash-like sounds of the Libertines, instead Kate Moss'

ex churns out a heartfelt collection of varied acoustic tracks. There's blues (Arcadie), jangly rock (Last of the English), and even old-timey jazz on Sweet By and

By. Let's hope this new, more mature sound is a permanent thing for Doherty, because he's finally getting his act together.

Bryan Borzykowski/for Metro Canada

Keith Urban

Album: Defying Gravity

Label: Capitol/EMI

Rating: ★★★★★

HERE'S A TOUGH question, guys. If you had a choice between a life



of hopeless addiction to booze and drugs and waking up every morning to Nicole Kidman, which would you opt for? Well, it took Keith Urban three months at the Betty Ford Center to figure out the

MusicReviews

music@metronews.ca

answer. And his new sure-to-be-a-blockbuster album is a product of that stint. He explains it all in Thank You, a warm out-pouring to Kidman from the depths of those 12 steps. Appropriately, it's the album's closing track. Although, it may lack the obvious commercial appeal of the other 10 tracks, it's undeniably the best. Cookie-cutter country rock singles like Kiss A Girl and Sweet Thing are fine, but Urban is at his best when he slows things down and opens up on songs like Til Summer Comes Around and Thank You. Good choice, Keith.

Graham Rockingham/for Metro Canada

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/2/09	267	351	- ACCESS	Alberta Primetime (Live)	America's Next Top Model	Old Christine	Samantha Who	Eleventh Hour "Medea"	Primetime		
	243	317	3 CFCN	etalk	Hollywood	ER Gates treats a young teen with alcohol poisoning. (N)	News	CSI: Crime Scene Invstgtn.	News (N)		
	-	-	4 OMNI	TwoHalf Men	The Simpsons	News	The Simpsons	The Simpsons	King	Metropia	
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Grey's Anatomy	Practice	The Hour	
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Doc Zone (HDTV) (N)	Doc Zone "Pordemic"	CBC News: The National	The Office	Kink in Hair	News Hour
	244	338	7 CICT	ET Canada	Entertainment	Life "Initiative 38" (N)	Survivor: Tocantins (N)	Hell's Kitchen (PA) (N)	Your City	TJ Alberta	
	246	-	8 CKAL	Law & Order: SVU	Privileged	In Motherhood	Friends	Le Téléjournal et Les Nou	Local Programming		
	119	705	9 CBXFT	Virginie (SC)	Infomart (SC)	Alimentation	Les Galas 2007 du Festival				
	-	-	10 SHAW	(6) Local Programming							
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)	Survivor: Tocantins	CSI: Crime Scene Invstgtn.	Eleventh Hour		
news	-	374	14 KSPS	NewsHour With Jim Lehrer	Johnny Mathis: Wonderful	New Tricks	CBC News: The National	MI-5 "One Last Dance"	Artists Den		
	502	395	15 CBC	CBC News: The National	Geologic Journey	CBC News: The National	CBC News: The National	CBC News: The National	Geo. Journey		
	-	370	16 KHO	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	ER "Retrospective" (N)	ER "Series Finale" (N)		
	-	373	22 KAYU	The Simpsons	Raymond	TwoHalf Men	TwoHalf Men	Bones (HDTV) (N)	Hell's Kitchen (PA) (N)	News (N)	
	297	652	37 WPX	Supernatural (HDTV) (N)	PIX News at Ten Tong.	TwoHalf Men	Friends	Sex and-City	According-Jim	Frasier	
	500	509	29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)			Larry King Live	Cooper 360	Nancy Grace	
	508	502	31 CNN2	Lou Dobbs Tonight	Nancy Grace	Showbiz Tonight		Score Golf	UEFA Weekly	Poker	
	400	401	21 TSN	NHL Hockey	SportsCentre	That's Hockey!	SportsCentre	Off the Record	Sportsnet Connected	Oilers in Hour	
	408	418	27 net	Oilers Conn	NHL Hockey San Jose Sharks at Edmonton Oilers. (HDTV) (Live)						
	410	403	30 SCORE	NBA Basketball: Cavaliers at Wizards		NBA Basketball Utah Jazz at Denver Nuggets. (Live)					
sports	411	457	44 OLN	Mantracker	Bounty Hunter	Bounty Hunter	Survivorman	Mantracker	Bounty Hunter		
	417	406	48 SPEED	Bullrun (HDTV) (N)	Bullrun (HDTV) (N)	Pimp My Ride	Pass Time	Pinks - All Out (HDTV)	Bullrun (HDTV)	Falcon Beach	
	552	543	20 YTV	Drake & Josh	iCarly	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	Life Derek	Ned's School
	557	541	39 FAM	Zoeys 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Team America: World Police	
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Home Improve.	Home Improve.
	575	583	11 CMT	Reba	Hope & Faith	Hope & Faith	Coyote Ugly	Coyote Ugly	Babar	Backyardigans	Dora-Explorer
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Go, Diego, Go!	News (N)
	-	-	18 CHTV	The Insider (N)	El News	My Fabulous Gay Wedding	Name Is Earl	Name Is Earl	Party Monsters: Cabo		
	505	398	19 TWN	(5) EarthWatch One	EarthWatch One	EarthWatch Two					
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House
family	521	560	24 TLC	David Blaine: Street Magic	David Blaine: Street Magic	Heil-Loggers (HDTV) (N)	Heil-Loggers (HDTV) (N)	David Blaine: Street Magic	Unwrapped	Unwrapped	Chef Jeff
	603	561	25 FOOD	Chef Jeff Project (N)	Ace of Cakes	Ace of Cakes	Chef Abroad	David Rocco	The First 48 (HDTV)	The First 48	Fast & Furious
	615	520	26 A&E	The First 48 (HDTV)	The Out Limits	Love-Death	Love-Death	Trailer Park	Trailer Park	Real Housewives OC	Trading Sp
	601	562	33 SLICE	X-Weighted	X-Weighted "Chris"	Brian Bosworth.	Mulholland Falls ** (1996, Mystery)	Daily Planet	Deadliest Catch	Without a Trace	Seinfeld
	-	633	34 ENC2	(7:15) The Operative * (2001, Action)							
	520	505	35 DISC	(6) Mega Heist							
	620	523	36 BRAVO	Ballet High Royal Winnipeg Ballet School.	Pater Noster	Law & Order "Shrunk"	Family Guy	Family Guy	Consenting Adults ** (1992)		
	294	650	40 WPCB	Consenting Adults ** (1992, Suspense)	Kevin Kline.						
	626	547	41 COM	Laughs	Comedy Now	Air Force	Just for Laughs	Corner Gas	The Simpsons	South Park	VIP
	-	539	42 TCM	(6) The Corsican Brothers	The Man in the Iron Mask *** (1939, Adventure), Alan Hale				The Three Musketeers (1948) (DVS)		
cable variety	628	584	43 SPIKE	TNA Wrestling (HDTV) (N)					MANswers	GameTrailers	MANswers
	522	516	45 HIST	Go Deep "Ports"	NCIS "The Meat Puzzle"	Ancient Discoveries	Stargate SG-1	Star Trek: Next Gener.	Go Deep "Ports"	NCIS	Trek: Voyager
	627	528	46 SPACE	Ghost Hunters	Ghost (HDTV)						
	-	-	47 AMC	(6) It's a Mad, Mad, Mad, Mad World *** (1963, Comedy), Edie Adams							
	619	525	48 TROP	What Happen?	Vanity Insanity	Inside Hollywood	Seinfeld	Seinfeld	Disaster DIY	Big Amazing	Holmes-Homes
	600	564	50 HGTV	Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes on Homes	News	CTV Newsnet	News
	501	391	52 CTV	CTV Newsnet	Market Call	Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy	Most Haunted
	504	508	70 BNN	Squeeze Play	By the Rapids	renewedepress	Miss Congeniality ** (2000, Comedy)	Sandra Bullock, Michael Caine.	Deeyan Ghar / Sadabhar	Rang Barangi	Entourage
	526	507	92 VIVA	Most Haunted	Wapos Bay	News			Victoria Beckham: America	Video on Trial	Video on Trial
	269	503	93 APTN	Warriors: TKO	Wapos Bay	News			Paris Hilton's British Friend	Video on Trial	Taking, Stage

critics'corner

Doc Zone

Home video revolutionized what's euphemistically called "adult entertainment," but it was the Internet that allowed it to explode. The new documentary "Pornademic" looks at the prevalence of online pornography and its consequences. Director Robin Bengner speaks with cyberporn entrepreneurs, performers, law enforcement officials and consumers, including a self-described addict. Old-school porn mogul Larry Flynt also weighs in. 9 PM on CBRT



ER Alexis Bledel ("Gilmore Girls") and Ernest Borgnine guest star in the series finale, which finds Gates (John Stamos) treating a teen for alcohol poisoning following a dangerous drinking game. Old friends come to show their support when Dr. Carter (Noah Wyle) opens a medical facility for the underprivileged. Sam (Linda Cardellini) gets a special birthday gift. 8 PM on CFCN

Leonard Cohen

Album: Live In London...

Label: Columbia/Sony

Rating: ★★★★★

IT'S PROBABLY NEAR sacrilege to use such words to describe a poetic icon like Leonard Cohen, but it must be said: At times — especially during his wonderfully humble between-song patter on this two disc, 23-song live CD — Cohen sounds more than a bit like Eeyore, the morose gray donkey from Pooh Corner. That's OK, though. It's what we've come to expect from the great man.

And, every now and then, as he says "cheerfulness keeps breaking through." This is the complete show from London's O2 Arena last July 17 and it's more than representative of what some critics declared the top tour of 2008. At 73, there's a bounce in Cohen's step and a determination to be seen as going for more than the money.

Graham Rockingham/for Metro Canada

On the web

There's more online at metronews.ca/music:
• reviews of discs by Thunderheist and Yeah Yeah Yeahs
• links to this week's music.

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THE AFTER SHOW**

**ONLY 9
MUST SEE
NEW EPISODES**

to be revealed on





Karl Lagerfeld is fresh from a shoot for Chanel's autumn/winter campaign in Vermont, where he got in touch with his rural side. He tells WWD: "It was very cold, the sky was blue and the light was stunning. And the people are so nice." **METRO NEWS SERVICES**

Karl's country retreat

Celebrity Buzz

Jennifer a hair-raising diva?

PEOPLE Jennifer Aniston's hair seems to be making more headlines for the Friends star than her acting. The latest news is that Jen refused to start shooting her new film as she was not happy with how her hair looked, femalefirst.co.uk reports.

Aniston shocked the cast and crew on her new film *The Baster* by asking for more time to get ready on her first day on the set, the website adds.

A source told America's OK! magazine: "In the morning everyone had to wait to start filming because Jennifer asked for extra time to finishing blow-drying her hair."



METRO NEWS SERVICES

Marry me or I'm leaving: Brad

RUMOUR While they've growing their family for years, sources say Brad Pitt has had enough. According to OK! Magazine, he's issued Angelina Jolie an ultimatum.

"Brad's told her, 'Marry me, or it's over,'" a source tells the magazine. "He definitely wants to get married before they have any more babies," another source adds.

What's the beef? Sources say Pitt's been feeling "stressed out" taking care of the family while Jolie pursues her film and humanitarian work.



METRO WORLD NEWS

Mimi's 40th 'anniversary' getaway

BIRTHDAY Continuing their tradition of taking lavish vacations together, Nick Cannon whisked his wife of almost one year, Mariah Carey, away to Barbados via private jet Wednesday evening to celebrate her 40th, people.com reports.

On the day of her birthday, Cannon pulled off a private, 11-person dinner party at Barbados' ritzy Wispers on the Bay restaurant Friday night, filling the restaurant with hundreds of pink and lavender-hued balloons. The affectionate couple and their friends shared laughs and

bottles of Dom Perignon, along with Carey's favourite dessert — yellow cake with chocolate frosting flown in from New York — while a live band played. For her



main course, the birthday girl noshed on salmon with a cranberry and vodka white wine butter sauce, sautéed asparagus, and lemon scented herbal rice, while other

guests enjoyed lamb and angus beef with horseradish cream and tomato duxelle.

"Because she's been working extremely hard for the past few months recording new music for the album, it was important to Nick that the trip be a very relaxing one, where Mariah and her friends could truly enjoy themselves," says a source, noting Cannon wanted to plan "the most romantic and beautiful vacation possible" to celebrate Carey's 40th "anniversary."

METRO NEWS SERVICES

David takes a family break

FAMILY American Idol champ David Cook hopes to return to his tour later this week after cancelling two shows "to deal with personal family matters," people.com reports.

The singer did not elaborate in the announcement posted on his website. But Cook's brother Adam has been battling brain cancer for over a decade, and Cook's rep tells People that David spent time with Adam last week.



METRO NEWS SERVICES

Miley explains on-stage cryfest

PEOPLE Miley Cyrus has ripped into cynical critics who questioned her tears at the Kids' Choice Awards on Saturday, but admits she's embarrassed about losing her cool at the ceremony, femalefirst.co.uk reports.

The star sobbed as she accepted her favourite female singer honour, and insists she really was overcome with emotion when her name was announced.

She tells MTV News, "I was a little embarrassed ... (but) it meant something

to me, because it's from the kids and the kids are more important than anything else in the world. So it made me happy."

Cyrus has also vowed that she won't end up like Britney Spears or Lindsay Lohan.

"The last thing I ever want to do is disappoint my parents," she tells Glamour. "My mom's dad died when she was 18, and if something ever happened to one

of my parents, I'd want them to go knowing I made them proud. I think it's selfish to go out partying all the time, especially

if you have little ones (in your family). I have a nine-year-old sister, and I don't want her to go to school and have people make fun of her for it."

METRO NEWS SERVICES



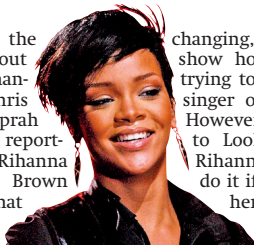
Rihanna to reunite with Chris on TV?

PEOPLE After the initial fallout between Rihanna and Chris Brown, Oprah Winfrey was reportedly telling Rihanna not to take Brown back. But that may be

changing, as the talk-show host has been trying to get the pop singer on the show. However, according to Look magazine, Rihanna will only do it if Brown is by her side and ready to

apologize publicly. "She's been having second thoughts about them being back together," a source tells the magazine. "Agreeing to go on Oprah's show and tell the world how sorry he is will help make up her mind."

METRO WORLD NEWS



Bruno's big prank

MUSIC Bono and Chris Martin have teamed up for a song which mocks Live Aid, femalefirst.co.uk reports.

The pair — both keen charity campaigners who were instrumental in getting together Band Aid 20 for their charity cover of Do They Know It's Christmas? — appear on Dove Of Peace, taken from Sacha Baron Cohen's latest movie Bruno.

Studio insiders say Bono and Chris were so amused by lyrics to the fashion-spoof song — which include, "For people of Africa who live in Hell/ They will never wear Chanel" — they were almost unable to record their lines.

A source told Britain's Daily Mirror newspaper: "Chris Martin was laughing throughout the recording and only

just managed to get his lines out.

"Bruno promises to be the funniest and most outrageous film this year and in it Sacha's character releases a brilliantly cheesy but subversive single — Dove Of Peace — which mocks the likes of Band Aid. It runs close to the bone but it's very tongue-in-cheek."

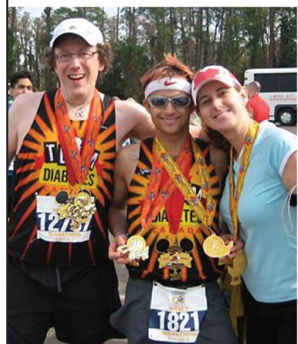
Singer Sting is also due to record a part of the song, while Baron Cohen friend Madonna has been approached too.

"If the film is successful, there's every chance the song will be released as a single."

METRO NEWS SERVICES



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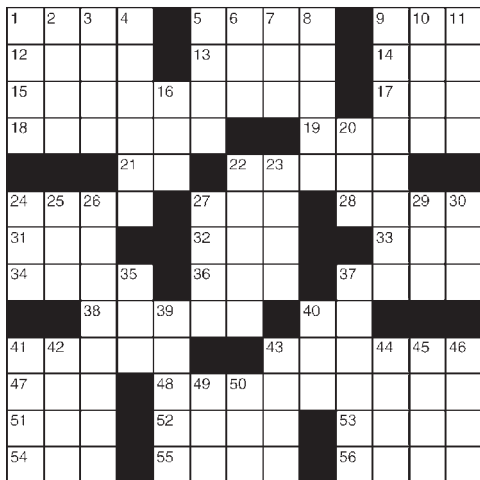
Canadian Diabetes Association



Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



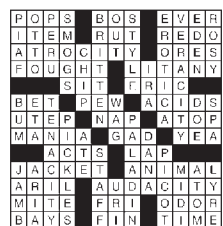
Crossword across

- 1 "Star Trek" speed factor
- 5 Cribbage props
- 9 Upper limit
- 12 Largest of the seven
- 13 Penetrating wind?
- 14 Time of your life
- 15 Hangout for game fans
- 17 Greek consonants
- 18 Off the track
- 19 YouTube offering
- 21 On the other hand
- 22 Ask
- 24 Humorous utterance
- 27 Sickness cause
- 28 Black, in verse
- 31 Dadaist artist
- 32 Have a 27-Across
- 33 Exist
- 34 Boyfriend
- 36 Pigpen
- 37 Staff, at sea
- 38 "— Clown" (George Carlin album)
- 40 Scale member
- 41 Nutritionists' recommendation
- 43 Power failure
- 47 Plagiarize
- 48 Cyclist's mustache?
- 51 Schedule abbr.
- 52 "Zounds!"
- 53 Piratic quaffs
- 54 1940s headline word
- 55 Weeps loudly
- 56 Undo a dele

Crossword down

- 1 "There once — man from ..."
- 2 Uraei
- 3 Laugh-a-minute
- 4 Mimicry specialist
- 5 Bouquet
- 6 Undergo recession
- 7 — long way
- 8 Do the duty
- 9 Hershey product
- 10 Malaria symptom
- 11 Mexican mon-
- 16 Pitch
- 20 Rage
- 22 Gives up
- 23 In pre-swain mode
- 24 Poke
- 25 Previous to
- 26 It's below ZX-CVBNM
- 27 Low-voiced
- 29 Raw rock
- 30 Fresh
- 35 Last (Abbr.)
- 37 Provides provender
- 39 McCourt's "Angela's —"
- 40 Suffix with cup or cap
- 41 Carey or Barry-
- 42 Speck
- 43 Probability
- 44 Touch
- 45 Up for it
- 46 Formerly, formerly
- 49 Past
- 50 Apprehend

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	9	2	3	4	8	7	5	1
4	7	8	5	2	1	3	6	9
5	1	3	6	7	9	4	8	2
9	6	5	4	1	3	8	2	7
7	2	1	8	5	6	9	3	4
3	8	4	2	9	7	5	1	6
8	5	9	1	6	4	2	7	3
1	3	7	9	8	2	6	4	5
2	4	6	7	3	5	1	9	8

Find today's answers + play more games at metronews.ca

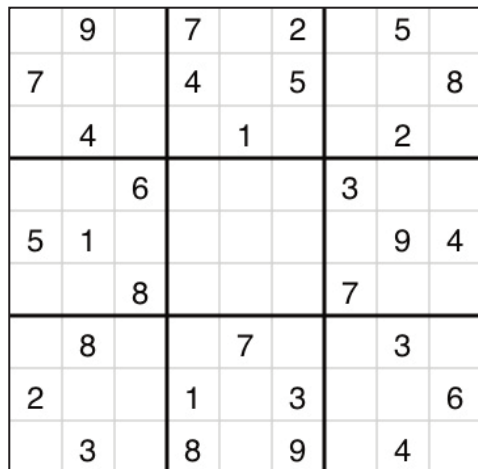
SUDOKU SOLVE TIME:

- Under 13 minGenius
- 13-17 minScholar
- 17-21 minSmart
- 21-25 minNot bad
- 25+ minKeep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Rice Pilaf with Dried Fruits and Almonds

INGREDIENTS:

- 12 dried apricot halves
- 1 tbsp (15 ml) margarine
- 1 medium onion, chopped
- 1 cup (250 ml) jasmine or white rice
- 1/4 tsp (1 ml) ground cardamom
- Salt to taste
- 1/4 tsp (1 ml) pepper
- 2 1/2 cups (625 ml) chicken or vegetable broth
- 1/2 cup (125 ml) golden raisins
- 1/3 cup (75 ml) slivered almonds, toasted

METHOD:

1. Snip apricots into small slivers with kitchen shears
2. Melt margarine in large

pot over medium heat. Sauté onion, rice, cardamom, salt and pepper until rice is toasted, 8 minutes.

3. Stir in broth, raisins, almonds and apricots and bring to boil. Reduce heat to medium-low. Cover and simmer until broth is absorbed, 25 minutes. Remove from heat and let stand 5 minutes. Fluff with fork and serve.

SERVES 4



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You made a strong impression on a nitwit. Don't try to fool anyone about making the best of things. Give your support but avoid a battle.



TAURUS
APRIL 21-MAY 21
Tell the truth to eliminate depression. Arrange your time to include rest stops. Better days are coming.



GEMINI
MAY 22-JUNE 21
Roll up your sleeves and tackle a tough job. A trusted person will be free with cash. Don't be led astray by delays.



CANCER
JUNE 22-JULY 22
A missing person has a mysterious adventure. A friend tries to control how things work out. An unexpected sum of money is coming.



LEO
JULY 23-AUG 23
A glib person will be rebuked. False friends have issues about property. Dealing with ignorance is enlightening.



VIRGO
AUG 24-SEPT 22
Don't act in a high-handed manner. A generous person struggles with a lousy offer. A teenager needs to smarten up.



LIBRA
SEPT 23-OCT 23
A girl is afraid of a flaming romance. A wasteful situation is about to end. A non-conformist influences serious matters.



SCORPIO
OCT 24-NOV 22
Longing for a distant person will diminish. Nerves are jangling due to someone's request. Bravado sweeps away disappointment.



SAGITTARIUS
NOV 23-DEC 21
Financial reality gets in your way. A distasteful scene puts your teeth on edge. A woman is shocked by having fresh opportunities.



CAPRICORN
DEC 22-JAN 20
A non-judgmental elder sorts things out. Refuse to be concerned about a shrieking woman. Trust is an issue for those who drink to excess.



AQUARIUS
JAN 21-FEB 18
You need no excuse to make a stimulating change. Be affectionate but don't talk too much. A winning ticket brings benefits.



PISCES
FEB 19-MARCH 20
A rowdy guy whines about cruelty. Pay attention to a charismatic female. An honest man is stumbling in the dark.



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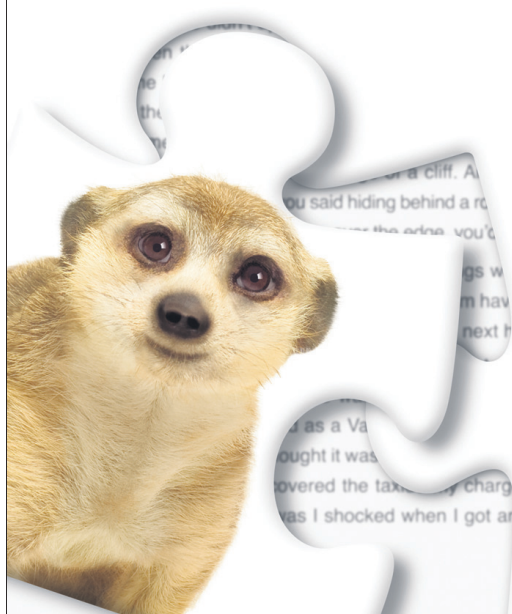


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